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ELTON JOHN MUSICAL LEGEND TO PERFORM IN SYDNEY {page 3}

HALIFAX

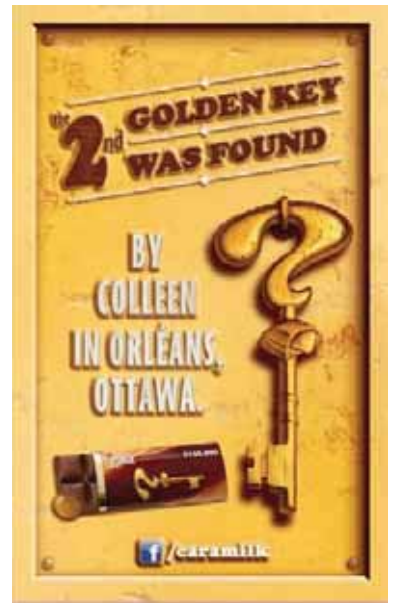
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Tuesday, July 19, 2011
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Bus GPS system still not ready

- ▶ Metro Transit: 'Nothing's changed' on project announced in 2007
- ▶ GPS trackers meant to help riders find out the location of their bus



ADRIAN LEE
HALIFAX@METRONEWS.CA

About 80 to 90 per cent of Metro Transit buses are currently equipped with GPS tracking systems as testing continues on a project that has been stuck in neutral for four years.

Metro Transit first announced the GPS initiative in 2007 as part of an overhaul of its GoTime system, promising the project would be completed by the fall.

Last August, officials said the system, which was meant to allow riders to call GoTime and find out precisely where buses are in their route, was in its "final testing" stages. It was expected to be installed by that fall.

Now, almost a year later, Metro Transit spokesperson Lisette Cormier says there has been no progress on the GPS initiative.

She could not comment yesterday on what has caused the delays or when the systems would be fully installed.

Now, some members of the public are looking to take transit into their own hands.

Ross Soward, an urban planner with the Planning and Design Centre, said he thinks Metro Transit should focus more on progressive projects like the GPS systems, rather than simply on maintenance.

"It's more than just getting the buses in and out. It's ... thinking strategically about how transit could actually be something that defines this city," said Soward.

He added that by identifying and making key transit routes reliable, the GPS system wouldn't even be necessary.

To that end, Soward's Planning and Design Centre and Fusion Halifax hosted their first session of the It's More Than Buses project.

It's a grassroots movement

"There's kind of a sense with Metro Transit that they're doing the best they can, but often that means they're focusing on the operations — doing the best with what is the status quo."

ROSS SOWARD, URBAN PLANNER

aimed at improving public transit in HRM.

Soward said about 100 people attended the first session in June.

The second public session will be held tonight at 6 p.m. at the World Trade and Convention Centre. After the third — and final — session in September, the group hopes to take its plans to HRM staff and councillors.



ALEX ROUITIER/METRO

▶ A Metro Transit rider runs to catch the bus on Barrington Street yesterday. Four years ago, Metro Transit announced plans to install GPS trackers to better predict when buses will arrive at their stops. Today, the system is still being tested.



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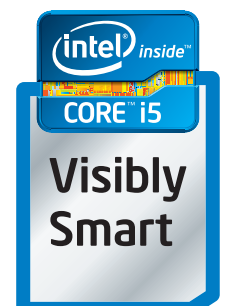
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'We can't extrapolate from this decision'

A review board's decision to reduce Cape Breton's council size isn't an omen for an upcoming decision on the size of Halifax's municipal council, according to a Cape Breton University professor.

"Those who favour the status quo in Halifax should be somewhat nervous, but we can't extrapolate from this decision,"

said Dr. Tom Urbaniak, who teaches political science at Cape Breton. "Reading the decision, I don't see an ideological predisposition to smaller councils."

The Nova Scotia Utility and Review Board decided yesterday that the Cape Breton Regional Municipality will move to 12 electoral districts, down from the current 16.

Urbaniak said the two municipalities have different concerns and interests. In the Cape Breton decision, the UARB cited public opinion in favour of council reduction and the region's shrinking population, which, according to a 2010 council-approved sustainability plan, is expected to decline by over 20 per cent in the next

20 years.

Still, there are similarities in the two cases.

Both had applied to keep the status quo in spite of recommendations to reduce council size.

The two are also the largest municipalities in the province.

The HRM council decision is expected in the fall.

● ADRIAN LEE

Cape Breton

► 59.6 per cent of 800 Cape Breton residents surveyed preferred a smaller council, while the rest favoured maintaining or expanding it.

► Cape Breton Regional Municipality is the 47th largest municipality in Canada, according to the 2006 Census.

Elton John coming back to play

► Singer-songwriter's show set for Sept. 13 in Sydney ► Tickets go on sale Friday at 10 a.m.



ALY THOMSON
HALIFAX@METRONEWS.CA

The "Honky Cat" is coming back.

Legendary singer-songwriter Elton John is bringing his piano to Cape Breton Island for a solo performance at the Centre 200 in September.

That's good news for Josh Sabeen.

"I've been an Elton John fan ever since I was old enough to know what music is," said Sabeen after hearing the news. "I missed my chance to see him when he was here in Halifax and I swore that I would go see him again if he came back."

Sabeen couldn't get his hands on tickets for either of the two 2008 shows in Halifax. This time around, he says he'll do whatever it

"I am extremely excited ... It also makes it even sweeter that he's coming to visit my hometown of Sydney."

JOSH SABEAN, ELTON JOHN FAN

takes.

The Brit will be performing his Greatest Hits Live concert, featuring number 1 chart hits and classic album tracks from throughout his five-decade career.

John is one of the top-selling solo artists of all time, with a congregation of gold and platinum albums and 29 top-40 hits including Your Song, Daniel, Rocket Man and Bennie and the Jets.

Tickets prices range from \$71.50 to \$151.50.



SIMONE JOYNER/GETTY IMAGES

► Sir Elton John will be playing on Cape Breton Island at the Centre 200 in September.



New research ties second-hand smoke to hearing loss in teens. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

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Can investors ever look forward to good news on U.S. job growth? Allan Small has more at metronews.ca/investing.



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Premier, lifeguards urge safe swimming

RYAN TAPLIN/METRO

► 'I urge all Nova Scotians to take extra precautions when around water': Premier Darrell Dexter

ALY THOMSON
HALIFAX@METRONEWS.CA

As we head into the middle of what the province has declared National Drowning Prevention Week, the Nova Scotia Lifeguard Service (NSLS) is also asking beach-goers to practise water safety.

The service is asking people to, whenever possible, swim in an area supervised by a lifeguard. No one has ever drowned at a beach while being supervised by the NSLS, which has been serving Nova Scotians for more than 39 years.

Premier Darrell Dexter issued a statement on Friday with a similar message. He urged Nova Scotians to follow safety guidelines, including never to swim alone and never to consume alcohol while swimming.

"Always use common sense and practise water safety," Dexter said in the

Swim safety tips

- Keep children within arms' reach when near water.
- Teach children to swim and be comfortable around water.
- When at a supervised beach, swim between the red and yellow flags that mark the supervised portion of the beach.

release.

Dexter's comments came just one day before a 17-month-old boy drowned in a pool at home in Moncton, N.B.

RCMP Staff Sgt. Dave Vautour said it is not known how the baby ended up in the pool, but foul play is not suspected.

An autopsy will be performed to determine the exact cause of the child's death.

WITH FILES FROM
THE CANADIAN PRESS



► A lifeguard keeps watch at one of Halifax's harbour beaches in this file photo. The Nova Scotia Lifeguarding Service is urging beach-goers to exercise caution around the water.

N.S. breaking own info laws: Group

A citizen's group that claims the Nova Scotia government is breaking its own freedom of information law has filed a court action to gain access to Transport Department plans to build a connector road in the St. Margarets Bay area.

The Protect the Bay group says some of the department's options for the proposed road between Highway 103 and Highway 3 would cause extensive property damage and force the relocation of a

147-year-old historic home in the Ingramport area.

The head of the group, Sean Kirby, says the department has yet to release uncensored documents even though the province's freedom of information review officer has said the records should be released.

Last month, Dulcie McCallum issued a stinging report saying the department's use of exemptions was inappropriate and not permitted under provincial law.

Kirby says his group's court challenge is aimed at defending the democratic principle of freedom of information and holding the government to account.

A department spokeswoman says she can't comment on a pending court action, but she says the government has already released thousands of pages of documents and has held public information sessions about the project.

THE CANADIAN PRESS

Generous lottery winner dies in Truro hospital

A Lower Truro woman who gave away more than \$11 million in lottery winnings with her husband has died.

Violet Lillian Large passed away at the Colchester Regional Hospital in Truro on Saturday morning, according to an obituary posted on the Mattatall-Varner Funeral Home website. She was 79.

Violet's husband, Allen, spoke briefly with Metro yesterday over the phone,

confirming only that his wife had died. The two were married 37 years.

The couple made headlines last year after giving away nearly all of their \$11.2-million Lotto 6/49 winnings to local charities and organizations. They also gave some to family members and kept the rest for emergencies.

The news of the Larges' generosity quickly spread and was picked up by me-

dia outlets from across the world. Violet was undergoing chemotherapy treatment for cancer at the time.

A funeral service will be held this afternoon at Mattatall-Varner Funeral Home in Truro.

The family is asking anyone who wishes to make a donation in Violet's memory to send it to the Old Barns United Church, Economy Cemetery or a charity of their choice. ● ALY THOMSON

Halifax has 8th best economy: CIBC

An economic report has listed Halifax as the eighth best-performing economy in Canada.

The CIBC released its quarterly Canadian Metropolitan Economic Activity Index rankings yesterday,

which measures economic momentum. Toronto led the pack with a rating of 25, while Halifax's 14.1 edged out Ottawa, Hamilton and Edmonton.

Avery Shenfield, a CIBC economist, said that Hal-

ifax's rating is slightly lower than last quarter's results, but said that most cities have experienced a drop.

Shenfield also said that Halifax's rating is being held back by high rates of consumer and business

bankruptcy.

The Canadian Metropolitan Economic Activity is measured by analyzing a number of categories, including the quality and availability of employment.

● METRO

Queer Acts kick off

As part of Halifax's Pride Week, the Queer Acts Theatre Festival kicked off yesterday, bringing four plays with themes relevant to the queer community.

El Camino or the Field of Stars joins Big in Germany and Naked at the Bus Stop

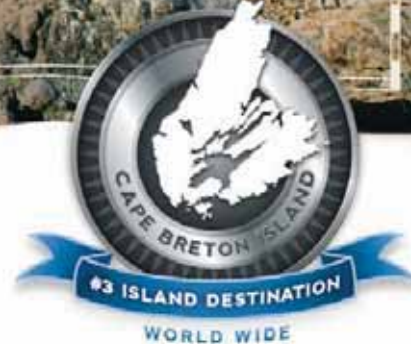
Theatre until July 22.

Spin takes place at the Neptune Studio Theatre starting tonight. It will end its run on July 21.

Tickets can be purchased for \$15 at neptunetheatre.com.

● METRO

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Report gas tax figures: Baillie

► Finance minister says numbers are already public ► \$75-million gap between funds collected from gas tax and funds spent on road work



ALEX
BOUTILIER
@METRONEWS.CA

Progressive Conservative Leader Jamie Baillie is calling on the provincial NDP to issue quarterly reports on taxes collected from gasoline and diesel sales.

But Finance Minister Graham Steele noted yesterday that most of the numbers Baillie is asking for are already publicly available in the government's quarterly budget updates.

At issue is some \$253.6 million the government expects to collect in the 2011-2012 fiscal year from gas taxes. That doesn't include the HST collected on top of the provincial portion of the motive fuel tax.

The provincial Finance Act requires the full amount of that tax revenue

Revenue

The government has budgeted approximately \$408 million in highway spending this year. The tax revenue from both the motive fuel tax and the revenue from the registry of motor vehicles is expected to be \$332.5 million.

to be directed toward road maintenance, said Steele.

Baillie wants the total number, including HST, to be updated quarterly, and to be measured against the total cost of road work in that quarter.

"If (the tax) is more than they need for that dedicated purpose of maintaining the roads, they should transparently report that," said Baillie.



► Jamie Baillie

Baillie went a step further, suggesting any gas tax revenues collected in excess of the cost of road maintenance should be returned to taxpayers.

The problem with that, argued Steele, is that there is no excess revenue.

"The fact is that we spend considerably more on roads than we take in

from those two revenue sources," said Steele, referring to the gas tax and funds collected from the registry of motor vehicles.

Baillie maintained that the amount of HST money collected by the province on gas sales — the much maligned tax-on-tax — should still be transparently reported.

Flying. High



► Communities, Culture and Heritage Minister Dave Wilson is joined by the Public Service Commission's Kelliann Dean for the raising of the Pride Flag at Province House yesterday.

ALEX BOUTILIER/METRO

A symbol of pride

POPQUIZ

What should you do with your tax return money?

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B: Save some, invest some, pay off debts and then reward yourself!

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News in brief

Quidam to debut in city

Cirque du Soleil will be tumbling into town tomorrow, performing eight shows at the Halifax Metro Centre.

The show, Quidam, features an international cast of 52 world-class acrobats, musicians, singers and actors. Over the past 15 years, the production has toured on five continents and since 2010, in arenas across North America.

The performance tells the tale of Zoé, a girl who finds an imaginary world — the world of Quidam — in an effort to give her life meaning.

Shows will run from July 20 to 24 and tickets range from \$28 to \$80.

● ALY THOMSON

Police attempt to increase recruitment

Ever consider being a police officer?

A new program offered by Halifax Regional Police will give participants a

feel for life as a police recruit.

The five-day program, Discover HRP, is open to 19 to 29-year-olds. It starts Friday and will be held in Dartmouth at the Halifax Regional Police Northbrook Training Facility.

Fitness drills, a trip to the firearms range, and sessions on the K9 Unit, drugs and major crime are among the activities planned.

The program is part of HRP's plan to find new ways to recruit employees and volunteers.

● RACHEL WARD

Shooting suspect arrested

A man wanted in a shooting in Moncton was arrested without incident yesterday at a home near Tatamagouche's downtown.

A 35-year-old Amherst man was injured early Saturday morning after a bullet grazed his head during a shooting on Wesley Street in downtown Moncton. He was transported to hospital, treated and released.

TRURO DAILY NEWS

Officials search for burned boat

Officials are looking for a boat that burned off the coast of Halifax Harbour Sunday evening.

The Emily Lisa, a 40-foot fishing vessel, put out a distress call around 8:30 p.m. on Sunday, approximately 100 kilometres off Halifax Harbour.

Four men on board indicated that their boat was burning, and they were getting into life rafts. They were picked up by a nearby commercial vessel, and none were injured.

The Coast Guard environmental response unit is sending a plane to find the boat and assess for environmental damages, said spokesperson Stephen Bornaia.

"There's been no report of oil slicks in the area that the vessel was last seen, and it's near a shipping lane, so one would think that there'd be people to report that," he said, estimating the contained 5,000 litres of diesel fuel.

● RACHEL WARD
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Tabloid hacking scandal heats up

- Upheaval triggered in upper ranks of U.K. police
- Billions knocked off value of Murdoch's News Corp.

Britain's tabloid phone-hacking scandal enveloped the London police force yesterday with the rapid-fire resignations of two top officers and claims of possible illegal eavesdropping, bribery and collusion. U.K. officials immediately vowed to investigate.

Prime Minister David Cameron, feeling the political heat from his own close ties to individuals within Rupert Murdoch's media empire, cut short his trip to Africa and called an emergency session of Parliament for tomorrow to address lawmakers on the scandal.

U.K. lawmakers will grill Murdoch, his son James and Rebekah Brooks, the

ousted chief executive of Murdoch's U.K. newspaper arm, in a widely anticipated televised public hearing on the scandal today. Lawmakers hope to learn more about the scale of phone hacking by U.K. journalists and who — if anyone — in Murdoch's empire was aware of what allegedly took place at the now-defunct News of the World tabloid.

Assistant Commissioner John Yates — Scotland Yard's top anti-terrorist officer — and police Chief Paul Stephenson have resigned for links to an arrested former executive from Murdoch's News of the World tabloid. **THE ASSOCIATED PRESS**

Whistleblower

- One of the whistleblowers on the phone hacking — former News of the World journalist Sean Hoare — was found dead yesterday northwest of London.
- Police said the death was being treated as unexplained but was not considered suspicious.
- Hoare was quoted by The New York Times as saying that phone hacking was widely used and even encouraged at the News of the World under then-editor Andy Coulson, who was arrested as part of the hacking investigation.

Demands. India



► An Indian police officer detains Jammu Kashmir state government employees as they shout slogans during a protest in Srinagar, India, yesterday.

MUKHTAR KHAN/THE ASSOCIATED PRESS

State workers cry out

India's Jammu Kashmir state employees wanted payment of arrears in salaries, raising of retirement age and other demands.

Second arrest for Iranian blogger

A dissident Iranian actress and blogger was arrested as she prepared to leave for Germany to write a blog for the Deutsche Welle radio station about the women's soccer World Cup, the semi-official ISNA news agency said yesterday.

THE ASSOCIATED PRESS



Pegah Ahangarani, 27, was arrested last week, ISNA said, citing the prosecutor's office in Tehran. She had been arrested briefly in 2009 after the disputed presidential elections over charges of playing a role in the post-election riots. The broadcaster urged Iranian authorities to release her.

THE ASSOCIATED PRESS

Sectarian strife erupts in central Syria: Activists

The discovery of three mutilated corpses set off a wave of sectarian bloodshed that killed up to 30 people over the weekend in central Syria, an escalation in violence stemming from the country's four-month-old uprising, activists said yesterday.

The killings were a troubling sign that the revolt against President Bashar Assad's regime is enflaming tensions among Syria's volatile mix of religions. Most Syrians are Sunni

Muslim, but Assad and the ruling elite belong to the minority Alawite sect.

Rami Abdul-Rahman, the director of the London-based Syrian Observatory for Human Rights, said the violence began Saturday after the dismembered bodies of three Alawite government supporters were dumped in Homs, a focal point of the uprising.

The next day, six bodies from various sects were found dumped in the city,

apparently in revenge attacks, a Homs resident said. Pro-government thugs called shabiha open fired in predominantly Sunni neighbourhoods in Homs, the resident added.

"It was a catastrophe, the situation could easily have slipped out of control," he said.

Sectarian warfare is a worst-case scenario. Syria is home to more than one million refugees from Iraq, who serve as a clear testa-

ment to the dangers of regime collapse and fracture in a religiously divided society. They also see the seemingly intractable sectarian tensions in Lebanon as a cautionary tale.

THE ASSOCIATED PRESS

Death toll

- Human-rights groups say more than 1,600 people, most unarmed civilians, have been killed in the crackdown.
- Some 350 soldiers and police officers are also believed to have died.
- The government blames unrest on gunmen and religious extremists looking to stir up sectarian strife.

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For more information, please contact
Marissa Van Engelen at 457-6378.



Sight gone for good

A University of British Columbia graduate student whose eyes were gouged in an attack during a trip home to Bangladesh will not see again, doctors say.

Rumana Monzur, 33, was attacked in June during a trip home to Dhaka, Bangladesh. Her husband is in custody.

She returned to Vancouver this month for medical treatment, but a statement from the university says after four surgeries, doctors have determined her injuries cannot be repaired.

The university has been raising money to cover Monzur's medical and living expenses, and has so far raised \$61,000 toward its goal of \$70,000. **THE CANADIAN PRESS**

Family run raises \$22K

A family who ran 600 kilometres from Vernon, B.C., to Vancouver has raised \$22,000 for cancer research.

Six children ranging in age from six to 15 in the Preston-Gosselin clan left their home on Canada Day and finished the run two weeks later.

They exceeded their goal of raising \$20,000, with cash from a text-to-donate number still coming in.

The run was the idea of one of the children, who was inspired by Terry Fox's cross-country Marathon of Hope in 1980. **THE CANADIAN PRESS**

Driver courtesy tossed out car window: Survey

► Some 75 per cent of Canadian motorists say other drivers are rude, incompetent ► Experts call for return of the simple hand wave



► A motorist uses a cellphone with a dog on her lap while driving across the Lions Gate Bridge into Vancouver. In a new survey by the Canadian Automobile Association, Canadians say drivers are more annoying than they were five years ago.

"The odds are that if we're civil to other people, most — not all — but most will be civil back."

IAN JACK, SPOKESMAN, CANADIAN AUTOMOBILE ASSOCIATION

Are motorists doing more irritating things than ever? Is the traffic "thank you" wave dead?

Drivers polled for the Canadian Automobile Association think so. The survey, released yesterday, found three out of four Canadians feel drivers are showing more annoying habits today than they were five years ago, compared to just two per cent who said other drivers have grown less irritating.

Research by the Insurance Corporation of B.C. also shows driver courtesy is eroding, said ICBC psychologist John Vavrik.

"People generally feel there's a lack of courtesy,

there's a lot of anger out there and people are concerned about running into aggressive drivers," he said.

Topping the list of bad manners in the CAA survey are road rage and being cut off in traffic, with 86 per cent citing those behaviours. Texting or talking on the phone, tailgating, failing to use signals and tossing trash out the window also rank high on the list of irritations.

"They're all the sorts of things that we were told

when we took driving lessons, or did our driving test and first got our licence, that we really shouldn't do," said Ian Jack, a CAA spokesman.

The problem is so pronounced in B.C. that ICBC launched an advertising campaign reminding people to show their gratitude for a traffic kindness.

"We're trying to resurrect the wave," Vavrik said of the simple tip of the hand that is increasingly rare on Canadian roads.

It's not just an issue of bad manners, either. Vavrik said hot-headed drivers are impaired because they don't recognize hazards and make poor judgments.

It's a problem that could lead to injury or even death, Jack said.

"These habits that seem a little bit uncivil are the same ones that could lead you or your loved ones to be killed one day," he said. "This isn't a matter of wearing white gloves and extending your pinky as you turn left and turn right. It's a matter of literally life and death for hundreds of Canadians every year." **THE CANADIAN PRESS**

BIENNIAL CONVENTION

Lutherans welcome gay clergy, marriage

Gays and lesbians will be allowed to become ministers in the Evangelical Lutheran Church in Canada after a vote by delegates at the church's biennial convention in Saskatoon.

Delegates voted 205 to 114 in favour of a motion

that sexual orientation does not disqualify a candidate for the ministry. Delegates also voted 192 to 132 to allow ministers to conduct or bless same-sex marriages, according to their consciences.

The Evangelical Lutheran Church is Canada's largest Lutheran denomination, with 152,500 baptized members in 607 congregations.

The Evangelical Lutheran Church in America voted to permit non-celibate gays and lesbians as clergy in 2009. **THE CANADIAN PRESS**

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RETIREMENT SAVINGS

Feds start pension plan tour

The federal government is launching a cross-country tour to discuss the potential for pooled registered pension plans as another option to help Canadians save for retirement.

The plans would give small businesses and self-employed people more resources to set up retirement programs for employees by allowing employers to pool money with other employers.

Finance ministers first agreed to examine the potential for the

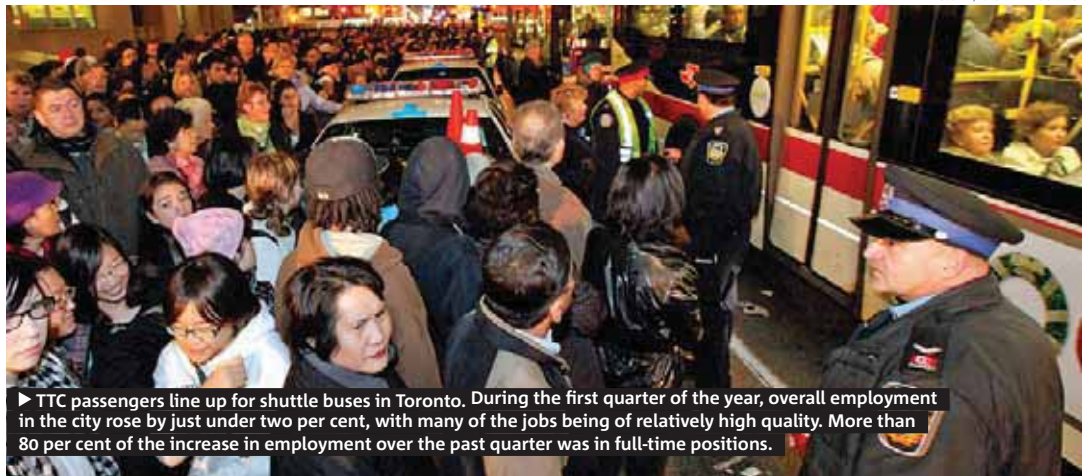
plans, called PRPPs at a December 2009 meeting on pensions in Whitehorse, as part of a report that noted Canadians may not be saving enough for their retirement.

Pooled plans would be managed by a regulated financial institution, which would decrease the cost for a small employer.

The government has said a high level of regulatory harmonization across federal and provincial governments will be required to increase the scale of such plans.

Potential tax changes to accommodate those plans would be developed and implemented by the federal government.

THE CANADIAN PRESS



► TTC passengers line up for shuttle buses in Toronto. During the first quarter of the year, overall employment in the city rose by just under two per cent, with many of the jobs being of relatively high quality. More than 80 per cent of the increase in employment over the past quarter was in full-time positions.

T.O. top performer: Report

► Kitchener, Ont., Winnipeg, Regina and Montreal also score high

A vibrant labour and housing market has pushed Toronto to the top of CIBC's list of best-performing Canadian metropolitan economies, according to a report released yesterday.

Kitchener, ranked second, was followed by Winnipeg, Regina and Montreal.

The bank's Canadian Metropolitan Economic Activity Index found the economy in Canada's largest

city is firing on multiple cylinders, driving it to the top spot among the country's biggest 25 cities.

Its first-place ranking is largely due to its vibrant labour and housing market, CIBC deputy chief economist Benjamin Tal wrote in the report.

Toronto's robust activity




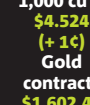
has outpaced the national average by a wide margin, he said.

Meanwhile, the real estate market remains one of the hottest in the country, with housing starts nearly doubling from the same period last year. Population growth is also among the highest in Canada.

Regina continues to experience a growing population and job market, with the second-lowest employment rate in the country and the lowest personal bankruptcy rate among urban centres. Montreal topped CIBC's previous ranking but slipped to fifth.

THE CANADIAN PRESS

Market moment

| TSX | Dollar | Oil | Natural gas 1,000 cu ft |
|--|---|---|---|
|  |  |  |  |
| - 45.40 (13,254.14) | - 0.50¢ (104.29¢ US) | - \$95.93 US (\$1.31 US) | \$4.524 (+ 1¢) Gold contracts \$1,602.40 (+ \$12.30) |

PRICES AS OF 3 PM EST/EDT

Future of Murdoch family empire in doubt

James Murdoch scaled the rungs of the global media empire that his father built.

Now scandal threatens to derail the expected succession, shaking the assumption that the dynasty would preserve its grip over the multibillion-dollar business.

Founder Rupert Murdoch, 80, has long expressed a wish to hand his publicly traded News Corp. to his offspring, and he retains the voting power to make key decisions.

But shareholders and board members are said to be troubled by revelations of wrongdoing on Murdoch's watch, and feel the U.S.-based company needs fresh leadership.

A pivotal moment for the family comes today when the media mogul and his son testify before British



► News Corp. chairman Rupert Murdoch arrives at his residence in central London on July 13.

lawmakers investigating the hacking and alleged police bribery at a now-shuttered tabloid, News of the World.

"The future is looking increasingly grey" for James Murdoch, said Ivor Gaber, professor of political journalism at City University London. "There are now investors, particularly in the United States, who are sug-

gesting that the time has come to end the Murdochs' dynastic hold on News Corp."

The accusations of phone hacking and police bribery at the News of the World reached into the elder Murdoch's inner circle with the arrest Sunday of Rebekah Brooks, former head of his British newspaper unit.

THE ASSOCIATED PRESS

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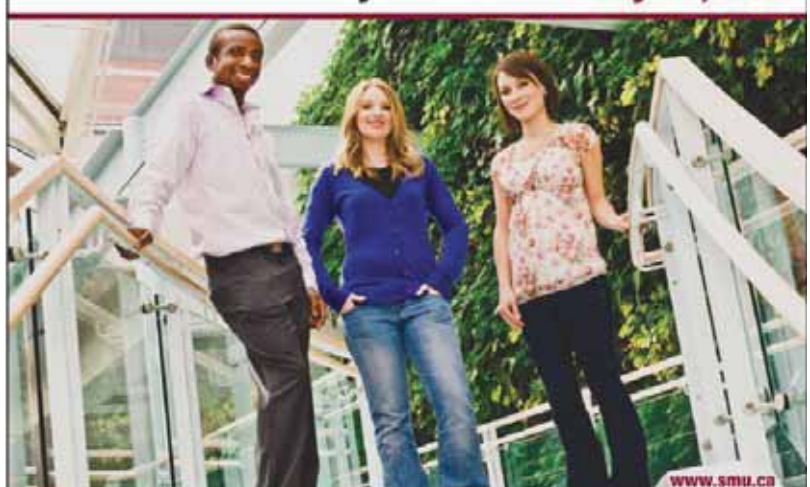
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HERE'S TO 250 KM WORTH OF MEMORIES

SHE SAYS ...

JESSICA NAPIER
METRO



After 14 years, my parents are finally giving up their ancient minivan and upgrading to something a bit more appropriate for their retiree years. And as much as I hate that rusting seven-seater beast, I'm also bit nostalgic.

I found myself getting strangely emotional as the "\$250 or best offer" ad went up on Craigslist. In saying sayonara to that minivan, I'm hammering another nail into the coffin of my youth. And so, I thought it only fitting to write a proper eulogy:

Chevrolet Venture, Forest Green

August 1997 – July 2011

I remember the day we brought you home, all shiny and full of promise. Those automatic sliding doors and rear headphone jacks were the epitome of automobile innovation in the mid-90s. You were never cool, but as a 12-year-old I thought you were a pretty big deal.

There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

I crawled across those seats thousands of times as you shuttled us to school dances and part-time jobs at the mall. Your roomy interior was perfect for a date at the drive-in or an out-of-town tennis tournament.

You gave me my first taste of independence as I sat behind the wheel and learned how to drive.

When Mom and Dad were out of town, you took us to the liquor store so we could buy hard lemonade with our fake IDs.

You were there when I packed up my childhood in laundry baskets and moved to university. I slumped against your weathered exterior and held back the tears as I told my parents

to leave because they were embarrassing me.

You came back for me when I had to move home and look for a job, and again when I moved to my grown-up apartment in the city. You were old and slow at that point, but my god you could carry a lot of boxes.

You've grown tired over the years — two kids, multiple moves and endless trips to IKEA have taken a toll on your once state-of-the-art interior. There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

It's hard to say goodbye to something that's been around for over half of my life, even if that thing is a piece of scrap metal. But alas, the time has come.

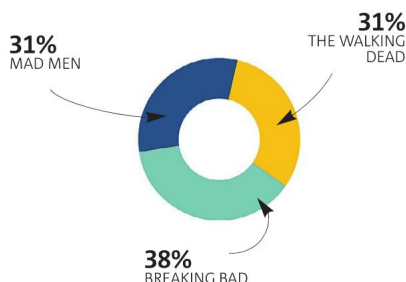
Here's to 250 kilometres and over a decade of memories. Rest in pieces, old friend.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

Welcome back, Breaking Bad. Which is the better AMC drama?



Worth Mentioning

RECORD. The culmination of the Women's World Cup final between Japan and the United States set a new record for tweets per second, eclipsing recent news events such as the wedding of Prince William and Kate and the death of Osama bin Laden.

Japan twice came from behind to draw 2-2 with the U.S. after extra time before winning a penalty shootout on Sunday in Frankfurt, Germany, and lifting the trophy for the first time.

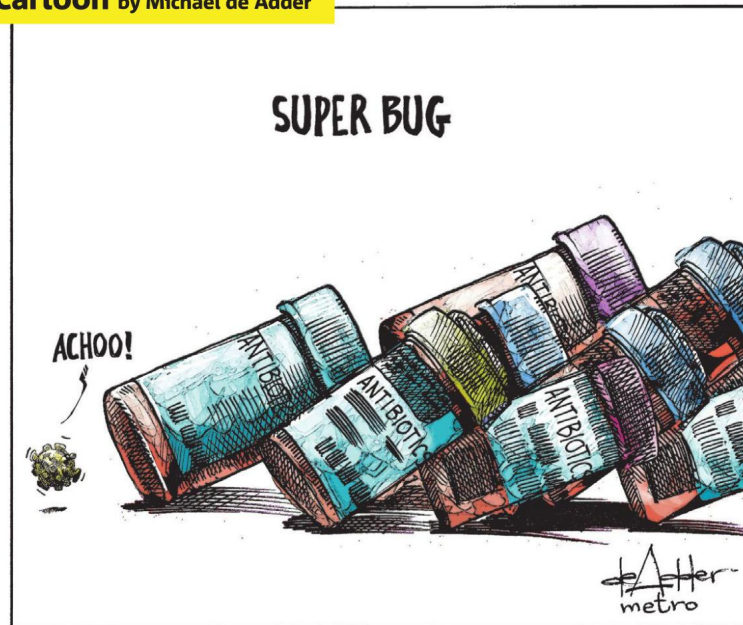
The exciting climax drew 7,196 tweets per second, according to Twitter. Paraguay's penalty shootout win over Brazil in a Copa America quarter-final later the same day came close to beating it with 7,166 and is now second on the list.

The previous record of 6,939 was set just after midnight in Japan on New Year's Day. Other spikes include bin Laden's death (5,106 per second) and the Super Bowl in February (4,064).

Sunday's record-breaking figures reflect a sharp rise in Twitter usage. Its users now send 200-million tweets per day, compared to 10 million two years ago.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Watch out — these condiments are hot

Austrian police say thieves have made off with an unusual heist — 21 tonnes of mustard and ketchup.

The loot was in a semitrailer parked in a lot over the weekend northwest of Vienna.

Police say the truck driver showed up yesterday to deliver his cargo only to see the trailer missing.

Police assume the thieves were more interested in the trailer than

its contents.

Authorities had no price tag for the stolen condiments but said the trailer was worth about 15,000 euros — more than \$20,000 US.

THE ASSOCIATED PRESS



Chris Evans vs. the world

► Captain America star chats with Metro about the pressure of fame and the comforts of home

NED EHRBAR
METRO WORLD NEWS
SCENE@METRONWS.CA

Chris Evans know his life is changing, and he's been trying to prepare for it. With the release of Captain America: The First Avenger, the Boston native is experiencing a new level of visibility, with his face on posters, billboards and toys around the world. Metro sat down with the charming and affable Evans for a candid chat about being a superhero, getting advice from Iron Man and going home again.

So now that the big week is here, how has it been?

It's been OK, it's been OK. I think in my head I made it a lot worse than it was going to be, preparing for the worst. We'll see if things change when the movie comes out. Hopefully it won't, hopefully things will stay the same. I like my privacy. It's not like I don't leave the house. I just like kind of being able to do normal things. I like being able to go to a farmers market or a gym or a grocery store, you know what I mean?

Is it weird to have the movie opening the same weekend as Comic-Con?

If the fan reaction is good, it'll be great. If the fan reaction's not good it could be a wildfire of disaster. You never know with these things. They're so picky, and you just want to make sure they're happy, because



► Chris Evans stars in Captain America: The First Avenger, a film based on a comic series published by Marvel Comics.

without them, we don't make these movies.

And now you're playing Captain America again in the Avengers, which is currently in production. How is it reprising the role so quickly?

I mean, it is what it is, and I obviously would've liked more of a break, but no such luck. So you know, you deal with it. It's OK. I mean, I don't know. There are certain things that you

struggle with, and then you have to stop yourself and say, "Wait a minute, but Chris, this really is such an insignificant obstacle, let's not make a meal out of it." So reprising the role is no problem, it's no problem. Loving every second of it.

And now you're part of an ensemble, with Robert Downey Jr. as Iron Man, Chris Hemsworth as Thor, Mark Ruffalo as the Hulk...

I love being part of an ensemble. If I had my way, I'd only do ensemble movies. I love having a group and a team. It's just a more fun experience for me when there's a bunch of us to share it with.

You've mentioned that Robert Downey Jr. has been giving you lots of advice. He's the best, man. He's given me a few pieces of wisdom. I've talked to

him about stress and insecurity and the stuff that I struggle with when it comes to doing interviews and dealing with celebrity, and he said, "Look Chris, the way you cope with this is by talking about it. The healthiest thing you can do is bring it to the surface. Don't try to deal with it on your own." He's got a very healthy sense of wisdom about him. He's been through a lot.

You played a great parody of a conceited movie star in Scott Pilgrim vs. the World. What do you do to make sure that you never become like that yourself?

(laughs) That's a good question. I've got a great group of friends and family. I know it's a cliché answer, but it's true. My friends and family are just fantastic. They're all back in Boston, and they all just keep you grounded.

Now that you've bought a home in Boston, how much time do you still have to spend in L.A.?

Well, none if I don't want to. It's up to me how much I want to pursue becoming a giant movie star. Some actors, they finish working and they get right back to the grind of finding their next gig. I don't know if I'll be that driven to find the next job right away. As soon as we finish Avengers, I'll probably go back to Boston for a while.

2

scene

Ja Rule sentenced



Rapper and actor Ja Rule was sentenced yesterday to more than two years in federal prison for failing to file income tax returns, and said a combination of youthful inexperience, bad advice and an inability to manage fame and fortune lead to his financial troubles.

"I in no way attempted to deceive the government or do anything illegal," he said, minutes before being sentenced in a New Jersey federal court. "I was a young man who made a lot of money. I'm getting a little choked up. I didn't know how to deal with this and didn't have people to guide me, so I made mistakes."

THE ASSOCIATED PRESS

DVD Releases

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Rango

Genre: Animated
Director: Gore Verbinski
Stars: Johnny Depp, Isla Fisher, Timothy Olyphant

Just reading the ingredients of Rango's strange stew is enough to leave you as goggle-eyed as Johnny Depp's title lizard, a reptilian thespian lost in a Wild West burgh called Dirt.

You could imagine director Gore Verbinski and the resourceful Depp hatching Rango around a campfire or



bong. The film is a combo western parody and Chinatown homage, by way of a Hunter S. Thompson drug hallucination and Roald Dahl adventure, with hat tips to The Wizard of Oz, Apocalypse Now, 2001: A

Space Odyssey and other film milestones.

Rango is not really for children, despite the vivid animation by Industrial Light & Magic, which now seeks to challenge Pixar and DreamWorks. There are some scary things in it, notably a vicious serpent called Rattlesnake Jake, and the tale runs a tad long at 107 minutes.

But braver and more pop-savvy older kids will find it all a hoot — and so will adults. ● PETER HOWELL

Limitless

Genre: Sci-fi
Director: Neil Burger
Stars: Bradley Cooper, Robert De Niro

Limitless is all about pushing limits, and more than just the super genius IQ that Eddie Morra (Bradley Cooper) acquires through an experimental drug.

Directed by Neil Burger (The Illusionist), the film makes some dumb moves, but overall it's smart en-

tertainment that even manages to make co-star Robert De Niro sound fully engaged.

Imagine if you could remember everything you've seen, heard and learned in your life, immediately summoning it with boundless energy.

All thanks to the mysterious NZT, delivered via a pill that looks like a clear button. It transforms Eddie from a down-and-out writer into a Wall Street winner. ● PETER HOWELL



Charlie Sheen to return in new sitcom based on the film Anger Management

Bieber, Gomez: Wedding crashers

► Couple surprises guests at a Malibu wedding over the weekend

Justin Bieber and girlfriend Selena Gomez can reportedly add wedding crashing to their list of favourite activities, as the pair dropped in on a fancy Malibu wedding over the weekend, according to TMZ.

Sources say Bieber and Gomez were strolling on the beach when they heard his song One Less Lonely Girl playing at a nearby reception, so they decided to drop in. Luckily, they were more than welcome.

"We just crashed it. We heard a party so we decided to just come. So let's party," Bieber told guests when the groom introduced him to the crowd.

● METRO



► Justin Bieber and Selena Gomez

GETTY IMAGES

Kate to visit Queen in Scotland

Having successfully wooed Hollywood during her royal visit, Princess Katherine has another high-stakes trip on her schedule: spending

visit for Kate because, believe it or not, the Queen does not really know her very well at all," a source says.

"Kate has never had an invitation before to stay at Balmoral, but she is family now and the Queen wants to get to know her. The Queen needs to present Kate to Scotland. The time has come."

● METRO



► Princess Katherine

GETTY IMAGES

Glee's Colfer finds out fate on Twitter

Glee star Chris Colfer had to find out that the show's upcoming season would be his last via Twitter.

The series' boss, Ryan Murphy, announced last week that the third season will end with several main characters graduating, but apparently forgot to tell

the actors.

"I didn't necessarily know that it was going to be our last season next year," Colfer tells Access Hollywood. "I knew something like that was coming up eventually. I mean, we can't be there forever." ● METRO

Talking points

No wedding for Brad and Angelina, yet

Reports of an upcoming wedding for Angelina Jolie and Brad Pitt are greatly exaggerated, at least according to their local mayor in the south of France. "There are no plans for them to marry that I know of—and I would know," Michaël Latz, mayor of Correns, tells People magazine. Sources had told Us Weekly that the famous couple would be marrying in Correns' village. "Every year, the rumour resurfaces," Latz says. "More noise from the American press to sell a few more pounds of paper."

● METRO

No rom-coms for Radcliffe post-Potter

With the Harry Potter franchise behind him, Daniel Radcliffe is looking forward to new projects, but don't expect to see him in a romantic comedy anytime soon. "I don't want to make a boring love story about two people who meet and then are happy. That's boring, and that doesn't exist," Radcliffe tells MTV News. "I guess I like the dark stuff. I find it more interesting."

● METRO



Daniel Radcliffe

Celebrity tweets



"220 lbs this morning, started at 236.4 lbs"



@russellcrowe



@SteveMartinToGo

"I will feel so bad if I'm not one of the celebrities on the hacked list of the News of the World."

@SarahKSilverman



"Sometimes when I'm really lonely I talk to myself but I call myself 'you guys'"



@nicolerichie

"Ladies, we need to find some big mouth guy to spread a rumor that sleeping all day is really sexy."

The show will go on for Lopez, Anthony

Despite their recently announced separation, Jennifer Lopez and Marc Anthony are reportedly still doing a reality show together, according to Us Weekly. "Q'Viva, the hotly anticipated 2012 celebration of Latin music, artistry and dance, is set to film this autumn in South America with Jennifer Lopez and Marc Anthony as previously announced," a rep for the show's production company tells Us Weekly. "Both Jennifer and Mark are committed to the Q'Viva project and will work on it as planned. The show goes on."

● METRO

time with Queen Elizabeth in Scotland at the end of August, according to the Telegraph. "This is quite an important



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► You no longer need to worry about eating before you swim.

Eat up and dive in

► Dispelling the myths surrounding swimming and chowing down ► University swim coach encourages his team to fuel up before their workouts ► Veggies, fruit and dairy help muscles



CELIA MILNE
LIFE@METRONEWS.CA

Still waiting for an hour to swim after eating?

For decades, our mothers have been warning that we need time to digest our food before jumping in the water.

Are they right?

"It's an old wives' tale," says Mike Blondal, a kinesiologist and head coach of the University of Calgary Dinos swim team, the cur-

rent men's and women's Canadian Interuniversity Sport champions.

"We encourage our kids to eat while training.

- Improves flexibility
- Increases range of motion
- Reduces stress
- Provides a moderate-intensity aerobic activity, which helps prevent obesity and other chronic diseases

● CELIA MILNE

They'll have power bars or a bowl of nuts and then swim," he says.

"They need this for recovery before the next

workout."

To avoid food before swimming would not be practical for many of Blondal's swimmers.

"We have students who are in class all day. They eat a sandwich on the way to the pool and then they swim."

If they ate a very large meal before swimming, he admits, they might feel bloated during the workout, and it may affect their performance, but it wouldn't be dangerous.

"I am sure no one has died because they ate before they went swimming," says Blondal.

The Dietitians of Canada recommend eating a variety of foods to fuel a healthy active lifestyle.

Vegetables and fruit, grains, and dairy products fuel active muscles during workouts.

Proteins such as meat and nuts, as well as milk, help to build and repair muscles after having a heavy workout.

Fitness pick

Urbanears headphones

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Married men more likely to get checked after heart attack scare

A new home for sushi lovers

► All you can eat sushi has made its way to Halifax via Happy Sushi

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



Other cities have all you can eat sushi joints and now we can claim our own. At Happy Sushi, lunch buffet choices include appetizers, soups, sushi rolls, noodles, sushi

pizzas and desserts. Not everything on its regular menu is available — no sashimi, for example — but at \$13.99 each (\$14.99 on Fridays and Saturdays), that's understandable.

We sip green tea and order several dishes, proclaim ourselves not quite full and order several more (you get charged for food left on the plate). For appetizers: miso soup, vegetable dumplings,



► All you can eat sushi at Happy Sushi Restaurant.

vegetable tempura and a serving of very fishy tasting fried mackerel. Next up are several sushi rolls, nicely presented — Red Dragon Roll with tempura shrimp, particularly tasty Spicy Salmon Rolls, California Rolls and one large Hand Roll with cucumber and avocado.

And what's feasting without a Tuna Sushi Pizza — thin, fresh tuna slices on a rice crust.

Happy Sushi leaves you, well, happy.

► **Happy Sushi Restaurant**
362 Lacewood Drive, Unit II
429-9858
Social lunch: Yes
Client negotiations: Yes
Social lunch: Yes
Lunch with co-workers: Yes
Price range: \$\$
Rating: 3.5 out of 5

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Thai Chicken Burger



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taste. THE CANADIAN PRESS/ SOBEYS
COMPLIMENTS BALANCE

Ingredients:

- 45 ml (3 tbsp) peanut butter
- 15 ml (1 tbsp) ketchup
- 10 ml (2 tsp) chili pepper paste
- frozen chicken burgers

Garnish

- Chopped green onions
- Shredded carrots
- Cilantro sprigs

Preparation:

- In bowl, blend peanut butter with ketchup and chili pepper paste. Spread on hamburger buns. Grill burgers and top with green onions, carrots and cilantro to

Salad in a snap — sugar snap that is

► This easy recipe features sugar snap peas with crispy prosciutto

Preparation:

- To blanch peas, bring pot of well-salted water to a boil. Prepare a large bowl of well-salted ice water and set it nearby. Add peas to boiling water, let water return to a boil, then cook for 2 mins. Remove peas from boiling water; plunge into ice water. When peas cold, drain and lay on paper towels to dry. Cut peas in half lengthwise, then set aside.

- Coat a sauté pan with olive oil; add garlic and red pepper flakes. Set pan over medium heat and cook for 2 mins. Remove and discard garlic. Add prosciutto and cook for 3 mins. Add vinegar. Turn off heat.

- In bowl, combine arugula, snap peas and onion, with prosciutto and juices from pan. Toss. Add pecorino and mint.

THE ASSOCIATED PRESS/ ANNE BURRELL'S COOK LIKE A ROCK STAR (CLARKSON POTTER)

Ingredients:

- Kosher salt
- 500 g (1 lb) sugar snap peas, stem ends and strings removed
- Extra-virgin olive oil
- 1 clove garlic, smashed
- Pinch crushed red pepper
- 125 g (1/4 lb) prosciutto, thinly sliced thin and cut

- crosswise into 5-mm (1/4-inch) strips
- 50 ml (1/4 cup) red wine vinegar
- 500 ml (2 cups) baby arugula
- 1/2 small red onion, julienned
- 50 ml (1/4 cup) pecorino cheese, shaved
- 8 fresh mint leaves, sliced



► This salad takes just 25 minutes to make.

ASK FOR A RAISE The art of complaining

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Get ready to ask for a raise. Even an extra \$1,000 can help you build your net worth.

According to the Society for Human Resource Management, 33 per cent of people say they're freaked out about salary negotiations, so they don't pursue it. Yet 80 per cent of recruiters and managers are willing to negotiate.

Step 1: Stick to the facts Research comparable salaries for comparable jobs where you live. Use websites like Monster.ca, Workopolis, or Payscale.com.

If you belong to an association or alumni group, check whether they've got

research on salaries and benefits you can review.

Salary is only one part of a total compensation package — there are other factors to consider such as benefits, stock options and retirement plans.

Tip 2: Set Goals

Once you've got your facts straight, set a realistic goal before you go in for negotiations. Perhaps you want a raise of three to five per cent. Or you may wish to focus on an actual number like \$5,000.

Tip 3: Negotiate

Don't barge into your boss's office asking for a raise after they've had a hectic day. Wait until you both have time to sit down and talk.

It's also nice to give your boss a heads up about the nature of the discussion so that they can prepare. They may need to consult with an HR advisor about salary and benefit policies.

Another optimal time to discuss a raise is during a performance review.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



I complain from time to time ... at restaurants, that is ... but I also offer compliments when they're due.

Good restaurants appreciate this because it gives them an opportunity to fix a problem.

I know many people who've had a bad experience at a restaurant but don't say a word.

They walk away grumbling, feeling they've wasted their money.

But the right word in the right ear can make everything so much better.

There's an art to complaining. Always try to be nice about it, and if there was something good about



► A well-handled complaint can help improve service.

the meal, either the food or the service, mention that at the same time.

If you do it right, everyone leaves happy. Best of all, a well-handled complaint can be a teaching moment for your kids.

About 10 years ago I had dinner with my daughter, then around 16 years old, at an upscale family restaurant in California.

The food was excellent and the young waitress worked hard to please us.

But, there was one small problem. My daughter hates onions on her hamburger, as we told the waitress, but when it arrived there they were. It wasn't a big deal; they were easily picked off.

I thought about letting it pass but elected to say something when the waitress asked us how we were enjoying the food.

"The food was great," I told her. "I know this isn't your fault but there were

onions on the hamburger. She ate it anyway, but I thought you should know."

The waitress thanked me and the next thing I knew the manager was telling me we wouldn't have to pay for the hamburger.

I declined the offer because there was no harm done.

Of course, my daughter, being a teen, was mortified.

The waitress must have noticed because she took the time to thank me again for bringing it to her notice.

"It's important that the kitchen staff pay attention to the food orders," she said.

"What if it's an allergy issue and the person gets sick because the staff didn't look at the order?"

My daughter was a lot less mortified when the manager gave us two free pieces of chocolate cake. And the waitress received a good tip.

GUARD YOUR PRECIOUS ALONE TIME WITH BABY

CHARLES THE BUTLER



ASKCHARLES
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► Who isn't excited at the thought of a newborn baby?

Hi Charles the Butler! I'm due to have my first baby in a few weeks. It's the first baby in our family for the past 25 years, so I understand that everyone is excited. However, all of my out-of-town family is now planning to visit for the birth and for the weeks following. How do I tell them I'm more than happy that they all want to be here with me at such a special time, but that I need privacy for a few weeks to get adjusted to all of this?

Wanting alone time with my baby

Dear Wanting alone time with my baby:

The birth of a new baby is an exciting event across all cultures and amongst all generations. Your somewhat overzealous family, however, is causing you anxiety and the baby has yet to even arrive!

I think this is a job for the father-to-be to make some good-natured telephone calls. He should say how excited you both are at their interest and support, but that until the birth has happened and everything is happy and healthy and settled we are asking that everyone

please show some patience before we start booking visits.

The only person I think you should have in your home, other than your husband and new baby, is both of your respective mothers who may be eager to help. Their assistance will likely allow you to get some much-needed sleep. Don't let other family members guilt you into letting them come before they are welcome. Stand firm.

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4
sports

Quoted



"I have not been to bed yet. I probably won't get any sleep until tomorrow at some stage. You have to enjoy it while you can ... It's been a very good night."

BRITISH OPEN WINNER
DARREN CLARKE.

THE 42-YEAR-OLD FROM NORTHERN IRELAND BEGAN PARTYING SHORTLY AFTER HE WALKED OFF THE 18TH GREEN SUNDAY. BEER AND RED WINE FLOWED THROUGH THE NIGHT, THE REVELRY NOT LETTING UP UNTIL CLARKE RETURNED TO ROYAL ST. GEORGE'S YESTERDAY MORNING.



Scan code for more sports.

Ducharme lays out expectations



► New Mooseheads head coach Dominique Ducharme at a press conference announcing his hiring in May.

► Camp a month away, but players eager to get started ► Anticipation grows as Herd aims for brighter days



MATTHEW WUEST
@METRONEWS.CA

The offseason is crawling by for the Halifax Mooseheads.

"If we could start camp right now, the guys would be happy," said new head coach Dominique Ducharme. "They can't wait for Aug. 16. They all want to start right now and they're really excited about what's coming up."

Ducharme, who took over the coaching duties from majority owner Bobby Smith in early May, has spent the past few weeks meeting and talking with the Mooseheads' returning players as well as incoming rookies.

After three tough seasons of rebuilding, the young team hopes to mature this coming season. Returning players are energized by numerous offseason additions, including the draft's top two prospects, Nathan MacKinnon and Jonathan Drouin.

"What I like is, every player is excited," Ducharme said.

The 38-year-old former Montreal Juniors assistant has told his players he expects them to be in top condition when camp opens at Cole Harbour Place.

"We're going to be expecting them to be work-

"We'll kick off the camp on the right foot and move forward and look ahead at the challenges we have."

MOOSEHEADS HEAD COACH
DOMINIQUE DUCHARME

ing really hard on the ice but it's also going to be demanding off the ice," Ducharme said. "A lot of meetings, a lot of workouts, a lot of team-building activities ... They're going to have a lot to do and I want them to get ready for that."

Ducharme has purchased a house in Dartmouth and will be moving there permanently in early August with his wife and two children. For now, the family remains in Joliette, Que., where Ducharme's children are finishing up various summer sports.

While his players are expressing their excitement to Ducharme, the rookie bench-boss can't hide his own. He's been ready to get going for more than two months.

"Right after the press conference (in May), I was telling Bobby and (general manager) Cam (Russell), 'Alright, can we start now?'" Ducharme recalled. "I'm excited, and so is everyone else."

MacKinnon gives Moose offensive diversity

The Halifax Mooseheads' acquisition of Nathan MacKinnon last week put

a smile on the face of Dominique Ducharme.

The new Halifax Mooseheads coach will have all kinds of options when it comes to putting together line combinations, with Alexandre Grenier, Jonathan Drouin, Luca Ciampini, Darcy Ashley,

Martin Frk and Brent Andrews among the other top forwards at his disposal.

"Just to bring a quality kid like this into our already young and talented group of forwards ... the future is bright for us," Ducharme said.

► MATTHEW WUEST

MLB reduces Ortiz, Gregg suspensions

Boston Red Sox designated hitter David Ortiz and Baltimore Orioles closer Kevin Gregg began three-day suspensions yesterday after having four-game suspensions reduced following an appeal.

Both players will sit out the series between Baltimore and Boston. Ortiz and Gregg were suspended on July 14 for igniting a bench-clearing melee four days

earlier.

"Got to take it like a man," Ortiz said. "Doing what I did wasn't the right thing to do, so you're going to be punished. Just want to get over with and continue the season."

The fray started when Gregg threw inside to Ortiz, who started toward the mound as players from both benches trotted onto the field. **THE ASSOCIATED PRESS**



► David Ortiz, left, and Kevin Gregg tussle in Boston July 8.

Sports in brief

Over a million tune into CBC for cup final

WOMEN'S WORLD CUP. Japan's thrilling come-from-behind victory over the U.S. produced an average audience of 1.051 million, the CBC said yesterday.

ESPN reported an average of almost 13.5 million viewers for Sunday's game, making it the sixth

most watched soccer telecast ever in the United States. **THE CANADIAN PRESS**

Jets bring Wheeler along to Winnipeg

NHL. The Winnipeg Jets resigned winger Blake Wheeler yesterday.

The deal is reportedly worth \$5.1 million US over two years.

Wheeler joined the Atlanta Thrashers last February through a trade with Boston.

THE CANADIAN PRESS

Tour de France. Rest day



► Three-time Tour de France winner Alberto Contador, centre, leans on a mailbox as he waits to begin training yesterday.

THE ASSOCIATED PRESS

Contador has steep climb ahead in quest for fourth Tour victory

Alberto Contador knows he is running out of time, and stages, to close the gap on his Tour de France rivals. After 15 of 21 stages, the Spaniard says this year's race is "probably the hardest Tour I've done," with a combination of bad luck and a nagging knee injury making it difficult for him to launch his trademark attacks in the mountains. A fourth Tour title is still within Contador's grasp, but he must first find a way to claw back a four-minute deficit on race leader Thomas Voeckler.

Can NFL season be saved?

► League to update team execs if labour deal approved Thursday, sources say ► Topics would reportedly include the rookie salary system, guidelines for player transactions

Two people familiar with talks to end the NFL lockout tell The Associated Press that if an agreement is ratified by Thursday, team executives will be briefed starting that day on how the deal's terms affect league business.

The people said the league's 32 clubs were told yesterday that topics would include the rookie salary system and guidelines for player transactions. They spoke to the AP on condition of anonymity because the process is supposed to

remain confidential.

Owners are scheduled to hold a meeting in Atlanta on Thursday, where they could ratify a new labour contract — if one is reached by then. Club executives would be briefed in Atlanta on Thursday and Friday.

Any tentative agreement also must be approved by players, including star quarterbacks Tom Brady, Peyton Manning and Drew Brees and the other plaintiffs in a federal antitrust suit against the league.

Members of the NFL

Players Association's executive committee and representatives of every team are heading to Washington tomorrow, in preparation for a possible vote.

NFLPA spokesman George Atallah said the players would be gathering "with the hope they have something to look at, and with the hope we can move forward on this."

Lawyers for the NFLPA and owners met yesterday in Manhattan to work on ending the lockout. They were joined in the after-

"Nobody cheers for you at mile 25 of a marathon. You still have to cross the finish line."

NFLPA SPOKESMAN GEORGE ATALLAH

noon by the court-appointed mediator, U.S. Magistrate Judge Arthur Boylan.

"The lawyers are hard at work in New York with the language and some of the things we agreed to last week," Atallah said in Washington. "As for face-to-face meetings between the

principals, we will do that as necessary."

One issue still in the way, according to one person from each side of the dispute who also spoke on condition of anonymity, is players want owners to turn over \$320 million US in benefits that weren't paid during the 2010 season. Because there was no salary cap that season, the old collective bargaining agreement said NFL teams were not required to pay those benefits.

THE ASSOCIATED PRESS

Penny says Tigers are close to contending

As the Detroit Tigers celebrated a much-needed victory, Brad Penny's thoughts were on the pennant race ahead.

Although Penny recovered nicely from some early struggles on the mound Sunday, he's well aware of what it will take for the

Tigers to outlast a trio of other contenders in the AL Central. If Detroit can add another starting pitcher before the trade deadline, Penny is all for it.

"You bring another guy in — another No. 1, No. 2 starter — and you get to the playoffs with this team, we

can win," the right-hander said after Sunday's 4-3 win over the Chicago White Sox. "Whatever helps the team win."

Justin Verlander has been outstanding, going 12-5 with a 2.29 ERA. The rest of the starters have been more erratic. Penny, Max

Scherzer and Rick Porcello have ERAs between 4.47 and 4.78, and the other slot in the rotation is even murkier.

The Tigers were off yesterday and trailed first-place Cleveland by a half-game going into last night's action. THE ASSOCIATED PRESS



► Brad Penny

LEON HALL/GETTY IMAGES

Chicago heat too much for Halladay

Philadelphia Phillies ace Roy Halladay left last night's game against the Chicago Cubs because of the steamy conditions at Wrigley Field.

Halladay doubled over after allowing Starlin Castro's leadoff single in the fifth inning, then was visited by a trainer. Drew Carpenter came in to replace him.

The right-hander was drenched in sweat on a humid night that included a gametime temperature of 33 degrees. The Phillies said the heat was responsible for Halladay's shortest outing since he pitched three innings for Toronto against Florida on June 12, 2009.

Halladay gave up three runs and seven hits in his first appearance since he pitched two perfect innings in the all-star game. THE ASSOCIATED PRESS

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3 David Guetta ft Flo Rida - Where Them Girls At

2 Nicki Minaj - Super Bass

1 Katy Perry - Last Friday Night (TGIF)

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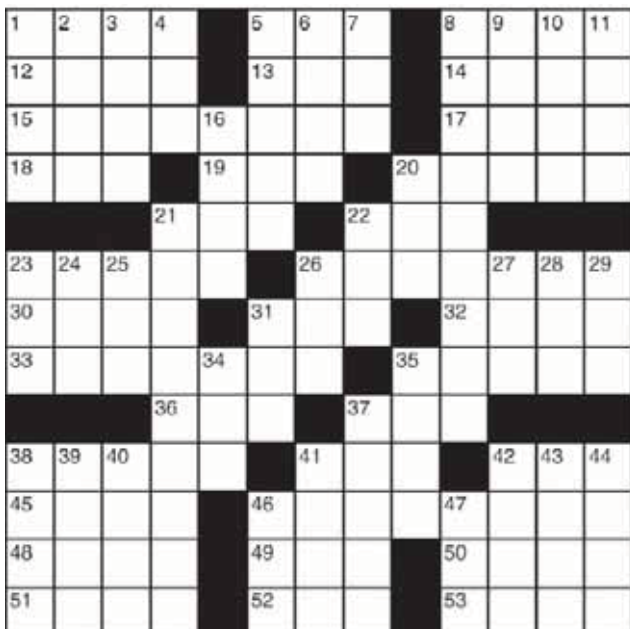
Crossword

Across

- 1 Completely occupy
- 5 Bashful
- 8 Taxis
- 12 Vicinity
- 13 Started
- 14 Fairy tale baddie
- 15 Hides
- 17 Tide type
- 18 Halves of ems
- 19 Tear
- 20 No liability
- 21 Prisoner
- 22 Insecticide letters
- 23 Choir members
- 26 Interpret wrongly
- 30 Bridle strap
- 31 Peace (Lat.)
- 32 Very unattractive
- 33 The Alamo, e.g.
- 35 Range
- 36 Explosive letters
- 37 Write in the margins
- 38 Hybrid eating utensil
- 41 Triumphed
- 42 Luau bowlful
- 45 Arizona tribe
- 46 Solidifies
- 48 Oil cartel
- 49 In vitro cells
- 50 Billion (Pref.)
- 51 Fender bender
- 52 Affirmative
- 53 Black and white?

Down

- 1 Confront
- 2 Press
- 3 Camera part
- 4 Fond du —, Wis.
- 5 Dispatched
- 6 Aid



- 7 Football meas.
- 8 Build
- 9 A very long time
- 10 Highland hillside
- 11 Labor Day mo.
- 16 Love god
- 20 Billboards
- 21 Squeeze
- 22 New Jersey fort
- 23 Upper limb
- 24 Floral garland
- 25 "— the season ..."
- 26 Fellow
- 27 Id counterpart
- 28 Swiss mountain
- 29 Colouring agent

- 31 Cauldron
- 34 Tattooist's supply
- 35 Melody
- 37 Surname of singing siblings Joe, Nick and Kevin
- 38 Not barefoot
- 39 Vatican VIP
- 40 Remove the lid
- 41 Used a loom
- 42 Twosome
- 43 Gymnast Korbut
- 44 "— a Little Prayer"
- 46 Demure
- 47 Silly Putty container

Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer



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ooooooooooooo
GRANDMA PATTIE

Hon, how much I missed you and miss you, do you have any clue? There is not a single second I don't think about you. How are you my love?

BROWN LOVER LOOKING 4U

Today's horoscope

♈ Aries March 21-April 20

Don't take risks today, and especially don't take risks with your money.

♉ **Taurus April 21-May 21** If you step out of line today there will be someone waiting to pounce on your mistake.

♊ **Gemini May 22-June 21** You don't need to push your luck today, you just need to be yourself.

♋ **Cancer June 22-July 22** Steer clear of extremes.

♌ **Leo July 23-Aug. 23** You can, of course, get what it is you desire through sheer force of personality,

but a better way by far is to get it through charm and cooperation.

♍ **Virgo Aug. 24-Sept. 22** You may have done something wonderful (you often do) but resist the urge to brag about it.

♎ **Libra Sept. 23-Oct. 23** No matter how lucky you feel you must not take foolish risks, because once you start you won't be able to stop.

♏ **Scorpio Oct. 24-Nov. 22** You want to be trusting, you want to believe that people won't let you down, but your suspicious nature won't allow it.

♐ **Sagittarius Nov. 23-Dec. 21**

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Everyone has faults, even a Sag, and there is no shame in admitting that fact to yourself.

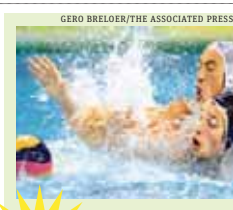
♑ **Capricorn Dec. 22-Jan. 20** Listen to what your sixth sense is trying to tell you, even if your logic circuits can make no sense of it.

♒ **Aquarius Jan. 21-Feb. 18** Decide what your priority is going to be and stick with it come what may.

♓ **Pisces Feb. 19-March 20.** Don't let it annoy you that some people question the things you most deeply believe in.

• SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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KIA

4-DAY IN-STOCK CLEAROUT EVENT

SALE ON JULY 15, 16, 18, 19

LAST DAY

7 PASSENGER SEATING AVAILABLE

kia.ca

Rondo EX-V6 shown

2011 RONDO

OWN IT FROM **\$117*** AT **1.49%** LOAN APR PLUS **PAY UNTIL FALL***

bi-weekly for 60 months amortized over 84 months. \$5,995 remaining balance. Includes delivery and destination, and PPSSA.

ALL VEHICLES INCLUDE:

MP3/USB INPUT
 BLUETOOTH CONNECTIVITY**

0% FINANCING AVAILABLE ON ALL 2011 MODELS**

PAY UNTIL FALL ON SELECT MODELS*

MOTORING 2011 CAR OF THE YEAR

Sportage EX Luxury shown

TOP SAFETY PICK 2011
INSURANCE INSTITUTE FOR HIGHWAY SAFETY

Sorento EX-V6 Luxury shown

TOP SAFETY PICK 2011
INSURANCE INSTITUTE FOR HIGHWAY SAFETY

Soul 4u shown²

2011 SPORTAGE

| | |
|--------------------------------|---|
| WAS \$21,995 | CASH PURCHASE PRICE FROM \$18,995* |
|--------------------------------|---|

NOW GET UP TO **\$3,000** IN CASH SAVINGS.*

HWY: 6.9L/100KM (41 MPG)
CITY: 10.0L/100KM (28 MPG)

5 Year Warranty*

WE'VE GOT YOU COVERED

*5-year/100,000 km worry-free comprehensive warranty

*5-year/100,000 km powertrain warranty

*5-year/100,000 km extra care roadside assistance

*no deductible charge

2011 SORENTO

| | |
|--------------------------------|---|
| WAS \$23,995 | CASH PURCHASE PRICE FROM \$19,895* |
|--------------------------------|---|

NOW GET UP TO **\$4,100** IN CASH SAVINGS.*

HWY: 7.4L/100KM (38 MPG)
CITY: 10.6L/100KM (27 MPG)

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2011 SOUL

| | |
|--------------------------------------|--------------------------|
| OWN IT FROM \$100* | AT 1.49% LOAN APR |
|--------------------------------------|--------------------------|

bi-weekly for 60 months amortized over 84 months. \$5,106 remaining balance. Includes delivery and destination, and PPSSA.

DOWN PAYMENT **\$0** PLUS **PAY UNTIL FALL***

HWY: 6.3L/100KM (45 MPG)
CITY: 7.7L/100KM (37 MPG)

KIA MEMBER REWARDS
Earn points towards future discounts. It's **FREE** and it's incredibly rewarding.

Offer(s) available on all new 2011 models through participating dealers to qualified customers who take delivery by July 19, 2011. Dealers may sell for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. All offers exclude licensing, registration, insurance, other taxes and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Certain restrictions may apply. **0% purchase financing is available on all 2011 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for details. Representative financing example based on 2011 Kia Forte5 with a selling price of \$16,695, financed at 0% APR for 48 months. Monthly payments equal \$348 with a down payment/equivalent trade of \$0. Cost of borrowing is \$0, for a total obligation of \$16,695. Delivery and destination fees (\$1,455), other taxes, registration, insurance, licensing, PPSSA (\$79) and dealer fees are excluded. Retailer may sell for less. See dealer for full details. **Don't Pay Until Fall* on select models (90-day payment deferral) applies to purchase financing offers on all models on approved credit (OAC) (2011 Sportage/Sorento/Borrego/Sedona excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. *Model shown includes optional accessories and may not appear exactly as shown. *Bi-weekly finance payment for 2011 Rondo (RN71B)/Soul (S0550B) based on an MSRP of \$19,995/\$15,995 is \$117/\$100 with an APR of 1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$5,995/\$5,106, plus applicable taxes due at end of 60-month period. Offer includes a loan credit of \$1,500/\$500, delivery and destination fees of \$1,650 and PPSSA (\$79). *Cash purchase price for 2011 Sportage (SP55AB)/2011 Sorento (SR540B) is \$18,995/\$19,895 and includes a cash credit of \$3,000/\$4,100 based on an MSRP of \$21,995/\$23,995. Delivery and destination fees (\$1,650), other taxes, registration, insurance, licensing, PPSSA (\$79) and dealer fees are excluded. Available at participating dealers. *Highway/city fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication *EnerGuide Fuel Consumption Guide*. *2011 Kia Sportage/2011 Kia Sorento/2011 Kia Soul awarded the Top Safety Pick by the Insurance Institute for Highway Safety. The award is applicable to all 2011 Sportage/Sorento models manufactured after March 2010. Visit www.iihs.org for full details. *2011 Kia Sportage awarded Car of the Year by *Motoring 2011* for Best SUV/CUV (under \$40,000) and overall Car of the Year. Visit www.motoringtv.com for full details. *The Bluetooth word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the \$500 Grad Rebate Program and \$750 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia Canada is the official automotive sponsor of Mothers Against Drunk Driving (MADD Canada). KIA is a trademark of Kia Motors Corporation.

\$500 Grad Rebate

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